

tour guide of the U.S. Capitol, providing visitors from Middle Tennessee with a personalized look at a national treasure.

I hope Seth has enjoyed his internship as much as my staff and I have enjoyed his presence in the office. I wish him all the best in the future.

#### PERSONAL EXPLANATION

### HON. BRIAN HIGGINS

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Thursday, June 30, 2005*

Mr. HIGGINS. Mr. Speaker, I was unable to vote on an amendment to H.R. 3058, which makes appropriations for the Departments of Transportation, Treasury, and Housing and Urban Development, the Judiciary, District of Columbia, and independent agencies for the fiscal year ending September 30, 2006, and for other purposes.

Had I been present, I would have voted "no" on Mr. KING of Iowa's amendment, roll-call Number 341.

#### HONORING HAZEL HANON

### HON. STEPHANIE HERSETH

OF SOUTH DAKOTA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, June 30, 2005*

Ms. HERSETH. Mr. Speaker, I want to take this opportunity to honor the extraordinary commitment and hard work of Hazel Hanon, a Charter Member of Marshall Post #3507 Ladies Auxiliary, Veterans of Foreign Wars, in Britton, South Dakota.

Hazel joined the Ladies Auxiliary under the sponsorship of her husband, Leon Hanon who served in the United States Navy. Her son-in-law, Dempsey Rein served his country in the Air Force.

Over the years, Hazel has been involved in everything from collecting and sending care packages of toys and toothbrushes to be given to children in Iraq, writing to troops, raising funds by selling poppies and poppy decorations, compiling a recipe book honoring past and present military members and working at the Thanksgiving Turkey Night sponsored by the Post. She has also been committed to the Ladies Auxiliary's efforts to fundraise for important organizations like Fargo VA Hospital, Redfield State Hospital, Children's Care Center of Sioux Falls, VFW National Home, American Lung Association, American Heart Association, Britton Food Pantry, Cancer Relay for Life, Special Olympics, and Operation Uplink. Other efforts include collecting cans for the Shriners, pop tabs for the Ronald McDonald House, labels and box tops for local schools.

Hazel Hanon's commitment to the Ladies Auxiliary and to her community is something to be admired by all citizens. The lives of countless people were enormously enhanced by Hazel's compassion and service. She is an example to all of us, a woman devoted to her family, her community, her state and her nation. It is my hope that we all may contribute as much to those around us as Hazel has. Her contributions will never be forgotten.

#### BE ACTIVE FOR LIFE

### HON. HOWARD COBLE

OF NORTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

*Thursday, June 30, 2005*

Mr. COBLE. Mr. Speaker, two-thirds of our population lives a sedentary lifestyle with poor dietary habits that regularly include "super-sized" meals. Such poor habits are particularly prevalent in our Nation's rural areas, including many of the North Carolina communities that I represent. These habits are increasing among older Americans. As a result, many rural Americans suffer from heart disease, diabetes and stroke. My home State of North Carolina ranks 12th in the United States for increased aging population and, according to a national report, 41st in overall health. According to this same report, individuals aged 50+ are the least healthy.

More than 20 years of research shows that inactivity and a sedentary lifestyle are more significant in the effect on health than genetic factors. The good news is that even minimal activity can significantly extend life. Regular physical activity promotes physical and psychological wellbeing; increases energy levels; helps older adults become stronger and maintain independence; reduces the risk of diabetes, high blood pressure and colon cancer; and helps those with chronic disease manage their conditions better.

To help my constituents in the 6th District of North Carolina, FirstHealth of the Carolinas, a health care system in Pinehurst, North Carolina, implemented Active for Life, a research-based program that teaches mid-life and older adults how to change their behavior and incorporate physical activity into their everyday life. This program, a part of a national effort to get older Americans moving, has measurable results. Fewer than a quarter of the participants reported being fairly active at the beginning of the program. After completing the 20-week Active for Life program, a remarkable 81 percent reported that they are active most of the days of the week. By doing so, they meet the Surgeon General's recommendation and, more importantly, they lead healthier lives. Participants report that they think differently about health and look for opportunities to be active. A man from Pinehurst was able to avoid medications when his blood pressure became under control during the program, while another woman from Southern Pines reduced her cane use when walking.

The results achieved by FirstHealth and at other Active for Life sites demonstrate the effectiveness of such lifestyle programs. Participation in this type of evidence-based behavior change program is good preventive medicine, and an investment in these programs will save our health care dollars down the road. We need to get creative about getting Americans, particularly older Americans active. Incentives should be incorporated into health plans for patient and provider participation, and environmental changes should be made to develop "walkable communities." As a member of the United States Congress, I strongly urge decision-makers and community leaders to identify how they can take "action"—both behind the scenes, as they determine policy, and literally on the road as they walk for their health.

#### HONORING THE DEDICATED SERVICE OF KEITH TALLEY

### HON. BART GORDON

OF TENNESSEE

IN THE HOUSE OF REPRESENTATIVES

*Thursday, June 30, 2005*

Mr. GORDON. Mr. Speaker, I rise today to honor Keith Talley for his distinguished service. For more than 6 years, Keith has committed himself to helping me better serve the residents of Tennessee's Sixth Congressional District.

A Middle Tennessee native, Keith has worked tirelessly as my press secretary. During that time, I know he sometimes has felt as if he carried the weight of the world on his shoulders. And now, Keith is leaving Washington, D.C., to return to the hills of Middle Tennessee.

Keith is an outstanding writer, a straight talker and a dedicated professional. He is capable of juggling many tasks and completing them all flawlessly. Keith's talents and attitude are assets that have served him well on Capitol Hill.

I and my staff will miss Keith dearly. His hearty laugh and workday songs have brightened the office during his time here. We will be sad to see him go, but we know the fishing holes are calling him home.

Keith, thank you for all your help over the years. I wish you all the best in your next endeavors.

#### RECOGNIZING DONNA REGAN

### HON. STEVEN R. ROTHMAN

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Thursday, June 30, 2005*

Mr. ROTHMAN. Mr. Speaker, I would like to recognize the remarkable achievements of Donna Regan, a high school teacher from New Jersey.

Today, The Creative Coalition and The American Federation of Teachers honor Ms. Regan with a 2005 Spotlight Award for Teaching Excellence.

Ms. Regan comes to Washington, D.C., to accept her award with one of her former students, actor and co-president of The Creative Coalition, Joe Pantoliano. Mr. Pantoliano was a student in Ms. Regan's 12th grade English class at Cliffside Park High School in Cliffside Park, New Jersey, a public school that serves over 1,000 students. Ms. Regan's teaching inspired Mr. Pantoliano, both as a student and later as he pursued his career in acting.

I join Mr. Pantoliano as well as Ms. Regan's family, friends, and colleagues in congratulating her today on her award and on her many years of enthusiastic teaching.

The Creative Coalition is the leading non-profit, nonpartisan, social and public advocacy organization of the arts and entertainment community. Founded in 1989 by prominent members of the creative community, The Creative Coalition is dedicated to educating and mobilizing its members on issues of public importance, primarily public education, the First Amendment, arts advocacy, and keeping film and television jobs in America. Headquartered in New York City, The Creative Coalition also has offices in Washington, D.C., Los Angeles and San Francisco.